

SUMMARY

Title Principles of nutrition for leisure physical activities

Objectives: The aim of this study was to determine how the students of Charles University compliance diet and whether they comply with the principles of good nutrition for leisure activities. The operational objective was also to their assess knowledge in a knowledge test, which was part of the research.

Methods: In this work, a quantitative method was used. Obtain the necessary information has been compiled questionnaire was divided into four parts and focused on principles of good nutrition. The group of respondents consisted of 215 students from Charles University, which was established premise that deal with leisure activities. Collected data were processed and interpreted using the statistic characteristics and for better clarity were graphically depicted.

Results: It was found that students under the age of 35 years, which took part in the research, have a good theoretical knowledge of the principles of healthy nutrition. However, in a practical sense some nutrition principles are not respected. The main shortcomings may include that more than half of the students had never thought about what the majority composition should have a diet which they should have been accepted after the physical stress, as well as the inclusion of sweetened beverages in drinking mode, poor timing of the last meal of the day and ignorance of the principle of the food pyramid.

Keywords: nutrition, exercise, health, physical activity, lifestyle, leisure activities, BMI, students